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Campus crime down, annual report states

Niklas Dehlwes Reporter

Lindenwood's annual security and fire safety report showed that the university has few incidences of violent crime on campus. The report, known as the Jeanne Clery Act, is a consumer protection law passed in 1990. It requires all colleges and universities who receive federal funding to share information about crime on campus and their efforts to improve campus safety as well as inform the public of crime in or around campus. John Bowman, director for public safety at Lindenwood, said he was pleased to see a reduction in most crime categories in 2015. He said that these changes took place because campus security offered training to residential life staff to re-



John Bowman Photo from Lindenlink.com

duce the number of incidents in the dorms and residences. It also offered crime prevention strategies to students through a "dorm watch" program. No cases of murder or rape were reported on campus last year, nor were there any robberies or hate crimes. The most prevalent crimes on campus involved liquor and drug law violations referred for disci-



Paula Stewart Photo from Lindenlink.com

plinary action. However, both of these dropped from 2014. Liquor law violations went down to 101 from 120, and drug law violations went down to 22 from 41. Liquor law arrests dropped to none in 2015 from four in 2014. Other numbers, such as burglary increased by one with total of 11 incidents, and drug law arrests stayed the same — 10 in both 2014

and 2015. An increase in fondling incidents happened with three incidents reported. All three are linked to a Dardenne Prairie man, Gary Halter, who is charged with several related sex crimes. His case is pending with the St. Charles County prosecuting attorney's office. In addition, two cases of stalking and dating violence were reported. Motor vehicle theft dropped to two from four incidences in 2015. Sophomore Lacey Nicole said Lindenwood has a pretty safe campus. "I think there are other universities that have many more problems with violence and even rape," she said. The report is accessible through the Lindenwood homepage for further information.



Photo by Kelby Lorenz Cedarhurst is being built near the University Commons.

Facility to offer opportunities to LU students

Phil Scherer Reporter

When Cedarhurst Assisted Living opens in early spring 2017, it will open up many internship opportunities for gerontology students, officials said. According to the St. Louis Business Journal, Cedarhurst of St. Charles will cost approximately \$18 million to complete. The facility will be made up of 76 assisted living apartments and 24 residences equipped for memory care services. Officials at Lindenwood expect the facility to offer a number of opportunities for Lindenwood students. Tina Grosso, the director of Lindenwood's gerontology program, said that although nothing has been finalized, she is hopeful that her students will have plenty of chances to engage in the community. "We would like to be

able to send our students over there for a variety of internships and practicum and get them a true hands-on experience," Grosso said. She said the gerontology curriculum has something that can't be taught simply by reading a textbook. She believes it requires real-life experience, especially for those students hoping to get jobs in assisted living administration. Currently, students have to travel off campus for these opportunities, which causes issues for those without transportation. She said that the university has had relationships with a number of facilities in the past, but that Cedarhurst would offer a centralized, local opportunity that would be available for all students involved in the program. "This is a perfect opportunity for us," Grosso said. "Both for our local See Assisted Living | A3

18 burned in phishing scheme

Phil Scherer Reporter

Eighteen employees had their personal information compromised by a phishing scheme, and a second attempt was discovered early Monday according to emails sent to Lindenwood faculty and staff. The first incident prompted the Information Technology department to issue a mandatory password change for all employees, effective Oct. 4. The phishing scheme

was designed to steal personal information. It typically is accomplished by sending an email that looks as if it from a legitimate organization, according to an email sent Monday by TJ Rains, vice president of Information Technology. However, it contains a link to a fake website that replicates a real one. The first scheme was detected when unusual activity was noted on a payroll error report, according to an earlier email. Lindenwood IT said at the time that it does not believe this constitutes a breach to its security system; rather, it is an isolated incident. Those employees affected were made aware of the problem and were offered LifeLock security services at no cost, official said. The mandatory password change officially goes into effect at 8 a.m. on Oct. 4 and is considered to be a precautionary measure. As part of the password change, all faculty and staff

will be required to change their passwords every 90 days, and each password must contain a minimum of 10 characters. Deb Ayres, vice president of Human Resources, said in an email on Sunday that within 24 hours of the issue being discovered, the "exposure was eliminated." "We must use this situation to increase our attention as individuals and as an institution to be smarter and more vigilant in protecting ourselves from cyber attacks," Ayres said.

Dorm meetings to stress domestic violence issues

Madi Nolt Reporter

October is National Domestic Violence Awareness month, and Lindenwood security officers will spread awareness about the dangers of domestic violence across campus. John Bowman, director of Public Safety and Security, said he and Paula Stewart, public security coordinator, will be in charge of events. According to the clery report of 2016, Lindenwood Public Safety and Security conducted dorm watch meetings within each residence hall last school year. These meetings included general crime prevention and security awareness programs in the form of discussions about domestic violence and self-defense, as well as things like fire safety and theft prevention. Bowman said dorm watches will take place again this year throughout October and will carry the theme of domestic violence awareness. These security awareness dorm watches encourage participants to be responsible for their own and other people's security/safety on campus. "We want to make sure everyone is aware of See Awareness Month | A2



Professor helps students connect with the spiritual

Nicole Torbitzky brings her ministry background to campus

Lena Kirchner Reporter

Religion professor creates more opportunities for students to connect in spiritual, religious ways. What Nichole Torbitzky enjoys most about her job as a religion professor at Lindenwood is interacting with students. "My joy in the morning is to get up and think about how and what to teach today," Torbitzky said. "I love teaching." She said her mission is to assist students to grow and develop personally, and education is just one element of that. "I certainly found my call in life, and I want to help others, the students, find theirs too," said Torbitzky. "The ultimate goal should be to educate the whole person." To serve that goal, Torbitzky is involved in creating a variety of opportunities for students to get involved and develop. Torbitzky said 10 campus student organizations support different religions. Currently, she assists Lindenwood Chaplain Mike Mason



Photo by Lindsey Fiala Nichole Torbitzky hands out a test during her class last Thursday in Spellmann room 3015.

in developing more spiritual opportunities for students. This month, Mason will hold chapel services in Sibley Chapel on Mondays and Fridays. On Wednesdays, a new event in Butler Parlor at 12:15 p.m. will provide students an opportunity to experience spirituality by getting together and exploring moral and ethical topics that answer "the big questions in life." "This will be a large opportunity to serve another large group on campus that is just as important as the religious students," she said. Torbitzky grew up in St. Louis and went to Truman State University in Kirksville, Missouri, for her bachelor of arts degree in English. "With that degree, I had a broad and deep foundation that set me up to succeed when I went on to specialize in religion and theology," she said. "I knew that I was called to ministry and that I would be earning my Ph.D. so that I could teach religion at the higher education level." She then obtained her master's degree of divinity at the Pittsburgh Theological Seminar, which also made her a pastor. She got her doctorate degree from Claremont Graduate University in 2005 and later pastored at a church in western Pennsylvania for several years. "She excelled in all of her studies and also brings a wide range of practical experience to the classroom," said Mason. See Torbitzky | A3

Fall Break Notice

The Legacy will not be published on Oct. 11 due to Fall Break. Enjoy your time off, Lions, and we'll be back on Oct. 18!

NEWS

LU professor wins scholar award

Chad Kerksick works to expand research side of exercise science

Bryce Olden
Reporter

Chad Kerksick, assistant professor of exercise science, was this year's recipient of the Lindenwood Scholar of the Year Award.

The award, handed out annually, is given to a Lindenwood faculty member for his or her scholarly efforts and achievements outside the university.

According to Kerksick, not many, including himself, knew who would win the award until it was handed out at the faculty meeting.

"This was the first year they had done that," Kerksick said. "No one really knew except for a few small people on the committee. So it was a nice surprise."

Kerksick has had quite a roundabout trip to Lindenwood.

His journey started in the small Illinois town of Lebanon, where he hails from. He then went on to attain his bachelor's degree in health and exercise science from Truman State University in Kirksville.

Kerksick followed that up by getting his master's from the University of Memphis. He then went on to get his doctor-

ate in exercise, nutrition and preventive health from Baylor University in Waco, Texas.

Kerksick made two more stops, working at the University of Oklahoma and the University of New Mexico, before settling into Lindenwood in the spring of 2015.

Anyone who knows Kerksick knows that when it comes to the ever-expanding exercise science program, he is big on one thing in particular — research.

Jonathan Mike, assistant professor of exercise science, said having students thinking critically and analytically, especially with research and the writing process, is important and gives them insight to establish a foundation on things and build on them.

Kerksick is also the graduate program director for the School of Sport, Recreation and Exercise Sciences.

Richard Stecker, a second-year graduate student of the human performance program, said Kerksick definitely has helped the research side of the work the department has done.

"I don't really think there was much of anything [research] before he got here," he said.

Kerksick does not just leave



"The unique thing about my opportunity here at LU is the opportunity to just grow it, to take it from very little and hopefully turn it into something of substance."

- Chad Kerksick

Associate Professor of Exercise Science

the confines of his knowledge to Lindenwood students; he also has written two books. The first is titled "Nutrient Timing," published back in 2011.

The book focuses on the high level of importance with timing eating accordingly for a competing athlete who's really challenging and stressing his or her body, Kerksick said.

"Some might say [it is] just as important as what you eat," he said.

Kerksick's second book, "Sport Nutrition Needs for Child and Adolescent Athletes," published last May, was inspired by someone dear to Kerksick.

"Honestly, the motivation for that book was my first daughter," he said. "It became apparent to me that there's not a lot of information out there

about kids and kid nutrition. The arrival of my daughter just forced me to consider that I could make a positive impact on that shortcoming and in turn it may help her and other young athletes perform better."

Both books can be found on most bookselling sites.

Kerksick said his most important lesson to students is "to critically think."

"Don't just take an answer at face value; there's an explanation underneath every single answer. That's why I love the research process, because it allows a student the opportunity to think critically through a question that they think is just the coolest thing in the world."

Stecker agreed by saying it is great to be able to answer questions on his own and not always have the need to rely on someone else.

"Now I know that if I have a question, I can go to a reputable database," he said. "I can look up a study and see what the study found with evidence to back it up."

Kerksick, who also won a nutritional research award earlier this year, said it would be pretty hard to leave Lindenwood at this point, especially with his family being in close proximity and with the exercise science program trending upward.

"The unique thing about my opportunity here at LU is the opportunity to just grow it, to take it from very little and hopefully turn it into something of substance," Kerksick said. "We're doing a good job of it and it would be really hard to leave now because we're just right in the middle of all the progress."

65 students register at voters drive

Mili Mena
Design Chief

Sixty-five people registered to vote at a drive sponsored by the *Legacy/Lindenlink* Sept. 27.

Those who registered will be able to vote in the 2016 presidential election on Nov. 8. Their polling place will be the St. Charles Presbyterian Church behind Harmon Hall.

More than 30 other students stopped to ask staff members questions about voting.

"We were pleased with the turnout," said Kelby Lorenz, *Legacy/Lindenlink* Editor-in-Chief. "It was our first big event, and we were excited to see so many people register."

The drive was at two locations in the Spellmann Center.

Students who had not registered previously were able to register in Missouri using their school address.

Those who had registered previously will either have to go home to vote or request an absentee ballot from their home county.

Student Meagan Rundle said the event was very helpful and made the process convenient.

Representatives of the groups College Democrats, College Republicans and Young Adults for Liberty helped with the registration.

Gen-ed major makes changes to program

Niklas Dehlwes
Reporter

Lindenwood University's general education program has changed its name to interdisciplinary studies, among other structural changes to the degree, according to the program chair.

The interdisciplinary studies program provides a broad range of subject matters to prepare students for careers in fields such as law, teaching and government.

According to the Lindenwood website, the program suits students who would like to attain a liberal arts background, show an interest in problem-solving or are active-duty military or veterans.

"All of this provides students with greater flexibility so that they can pursue their intellectual interests and curiosities as they craft their stories about who they are and what contribution they want to make to the global community," said W. Travis McMaken, associate profes-

sor of religion and chair of interdisciplinary studies program at Lindenwood.

He explained the name change by saying that former employees might not know what general studies are, but interdisciplinary studies would be something everyone has an idea of what it is.

The program went through changes in its structure, too.

McMaken said the major is now 33 credits instead of 39, which means it is easier to take with minors or as a double-major. Also, students can now satisfy some of their major requirements by taking courses that are not general education courses, and nine credits are electives within the major.

The total amount of credits a student has to earn to get the degree is still 120.

McMaken said one of the big advantages of interdisciplinary studies is that students can earn the degree 100 percent online.

Guilherme Moreira de Freitas, a senior from Brazil, said he is unsure if the degree is a good choice.

"It sounds like a useful degree at first, but when you think about it, there are so many employees who are looking for people with certain skills," he said. "They will more likely take this one instead of the one that knows only a little bit about many fields."

McMaken had a different view.

"This is something you might worry about for sure," he said. "On the other hand, if you go out and the employee sees your degree, he might think, 'Wow, this person is very flexible.'"

McMaken said only about a half-dozen students on campus are enrolled in the program, but more are enrolled online.

"I have about 30 students I am taking care of, and I know that my colleagues have some as well," he said.

She had never heard of the program before, sophomore Andrea Hoppert said. "But getting a bachelor just with general education classes?," she asked. "Where can I sign up?"

Awareness Month | Continued from A1

what warning signs to look out for if a student suspects a friend is a victim of domestic violence," Bowman said. "They also need to know where they can go for help if this happens, and we are here to do that for them."

The "Stand Up, Speak Out" awareness campaign is an ongoing program against sexual assault that is conducted by the Public Safety & Security Office. This program encourages bystanders to report suspected signs of physical and sexual abuse.

According to the Clery Report 2016, if domestic violence, dating violence, sexual assault or stalking is reported

to the university, the following steps are taken, starting with assessing the immediate safety of the complainant. Next, the institution will offer to assist in contacting the local police as well as providing information for them including written instructions on how to apply for a protective order and preserve evidence.

Off-campus events considering domestic violence awareness during October include the "I Ain't Afraid" 5k & 10k. Eventbrite.com states that it is a virtual run/walk to raise awareness and can be completed at any time or place. \$5 per entry will be donated to the National Network to End

Domestic Violence. To register, visit www.eventbrite.com.

According to www.nrcdv.org, the National Resource Center on Domestic Violence has also created #PurpleThursday, which takes place on Thursday, Oct. 20, by people dressing in purple and posting a picture to social media to symbolize their support for domestic violence.

Bowman said to get more information about specific dorm watch programs on campus, students can contact Paula Stewart at (636) 949-4911 or PStewart@lindenwood.edu or the residential director of their own dorm for details.

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NEWS

Film shows shortfalls of aid industry

Poverty Inc. documentary helps to ‘grasp the economic truth’ and is a ‘humbling experience’

Essi A. Virtanen
News Editor

The Hammond Institute for Free Enterprise will host a screening of the Poverty Inc. documentary on Oct. 13 at theater in Young Hall.

According to the institute’s news release of the event, the documentary emphasizes how “the aid industry primarily benefits the consultants and suppliers leaving local communities no better off, and sometimes worse off, because indigenous entrepreneurs are put out of business.”

Director of the Liberty & Ethics Center Rachel Douchant said, “Sometimes when you help people, you can hurt them, and we need to be smarter about the way we, as Americans, give out so much aid. We need to be smarter about the way we go about helping people.”

Through over 200 interviews and filming in 20 countries, the 91-minute documentary covers subjects like TOMs Shoes to international adoptions, solar panels to U.S. agricultural subsidies.

In addition, it works to raising the question to viewers: “Could I be part of the problem?” according to the Poverty Inc. website.

Douchant said that the documentary makes a point



Magatte Wade
Photo from Carol Felzien

about charity on an “international level” and will help the viewers at Lindenwood to “grasp the economic truth,” and “it will be a very humbling experience.”

One of the commentators on the documentary, Magatte Wade, African entrepreneur and one of the Forbes’ “Twenty Youngest Power Women of Africa,” will be having a question-and-answer session on the topics covered in the movie after the screening.

Wade is a founder of company Tioissan that produces

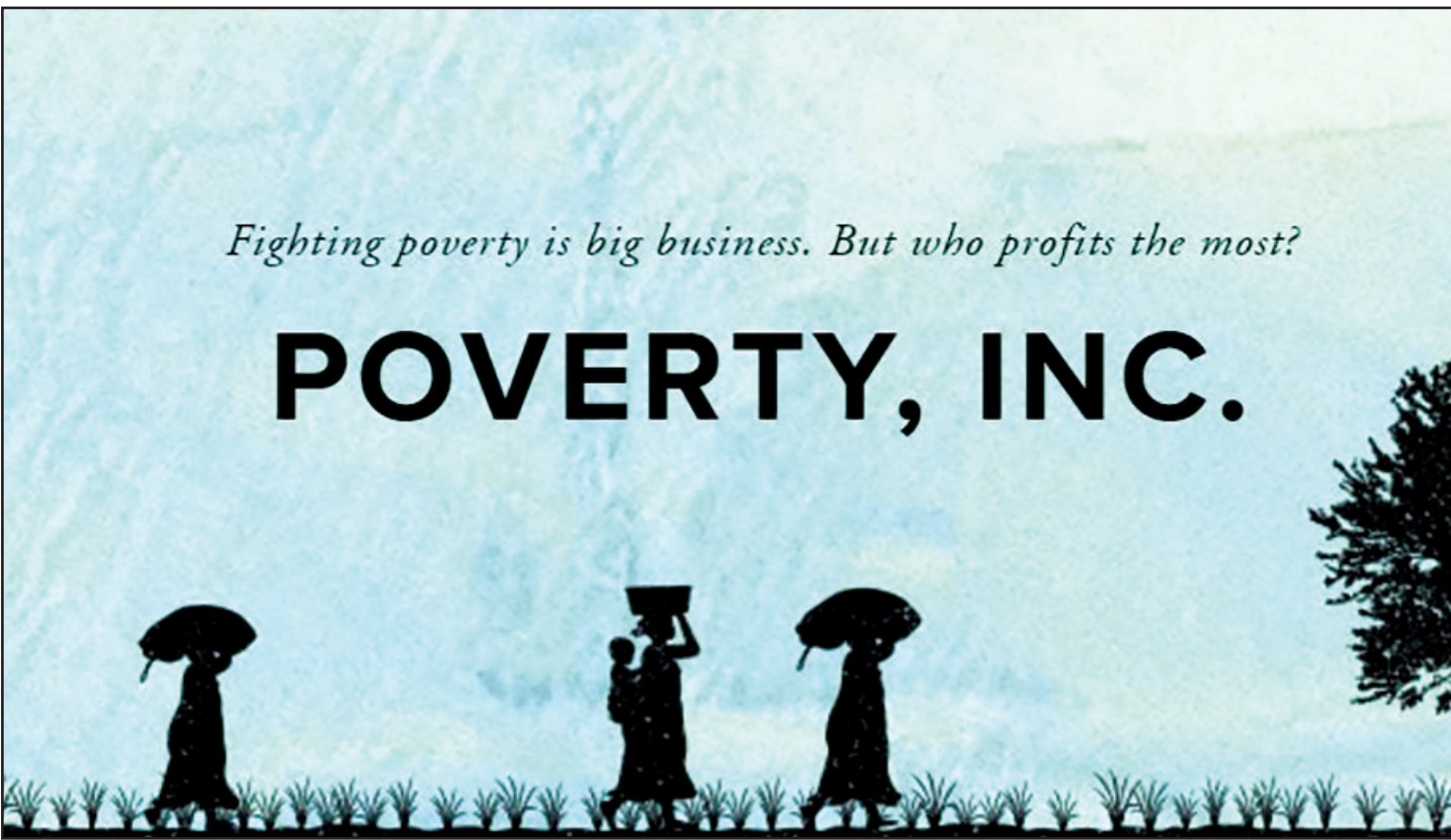


Photo from Povertyinc.org
Poverty Inc. is a documentary about the effects of aid industry, directed by Michael Matheson Miller that was released in 2014.

skin care based on her home country Senegal’s recipes and ingredients, she wrote on her website.

Douchant, who met Wade at a conference, said that having Wade at the screening will help people there to “have a greater respect for Africa and for Africans.”

She said one of Wade’s

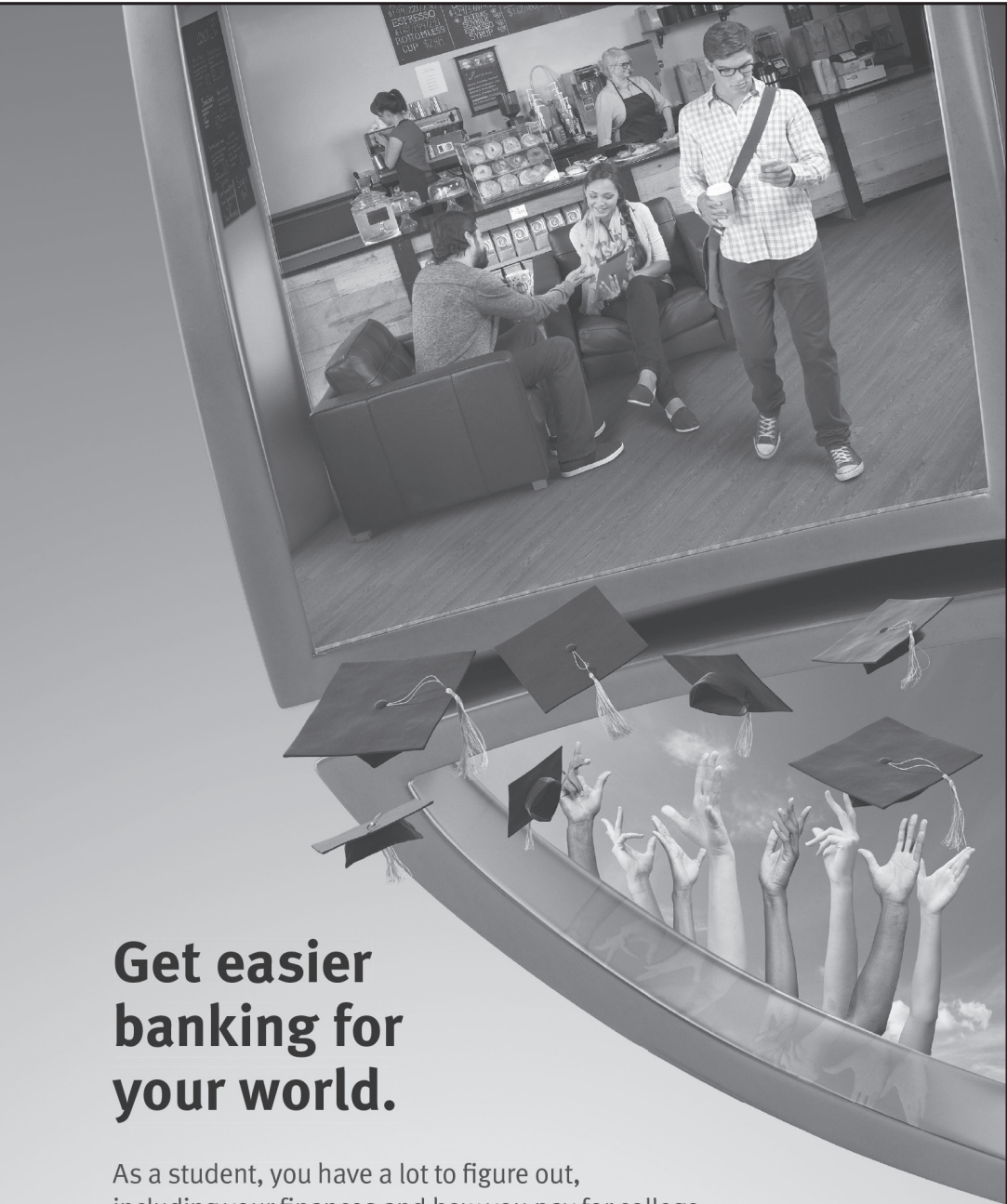
ideas conveyed in the documentary is that human beings can be the solution, not just the problem, meaning that people need to understand that they need to “empower them [Africans] to realize their own vision,” to help them rise as a nation economically.

Wade said in the docu-

mentary that when humanitarian aid becomes a way of life, it will be a problem.

“It’s a chronic economic situation,” Douchant said. “It’s not an emergency; it’s something they’ve been doing for a long time. So you want to transform the situation, not just rescue people, and help them survive.”

Poverty Inc. documentary screening takes place on Thursday, Oct. 13 at 6:30 p.m., and the Q&A with Wade is at 8 p.m. The event is open for the public. Wade is also having a speech on Oct. 14 at 10 a.m. speaking to students of Plaster School of Business & Entrepreneurship in Dunseth Auditorium in Harmon Hall.



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Photo by Lindsey Fiala
Torbitzky teaches a religion class on a Thursday afternoon in Spellmann Center room 3015.

Torbitzky | Continued from A1

Torbitzky moved back to the St. Louis area in 2014, accepting a position at a small church and started teaching at Lindenwood University as an adjunct.

“We are very excited that she has now joined us full-time,” said W. Travis McMaken, associate professor of religion and chair of the interdisciplinary studies program. “She has always been a student favorite in the classroom, where her sparkling personality lights up even the most challenging of material.”

Mason described Torbitzky as a “kind, humorous and caring person.”

“With her addition to the full-time faculty in the religion department, there are a number of new directions that we can pursue,” he said. “She brings knowledge and experience in the organized church setting and in working with all

ages of people.”

The most outstanding reason for Torbitzky to move back home was her family, which still lives in St. Louis.

“California is great,” she said. “But family is better than the ocean.”

As a mother of two boys, she enjoys the “very fulfilling task of parenting” during her free time.

“I am really active with my sons; they are involved in all kinds of activities,” she said.

Currently, Torbitzky teaches two different classes: World Religion as well as Islam and the West.

“She does her Islam and the West class in a unique way that it is almost entirely discussion based, primarily facilitated by the students,” said student Aaron Azkul. “So far I’m enjoying it and learning a lot from the questions asked by myself and other students.”

Assisted Living | Continued from A1

students and for international students, this provides a more convenient opportunity.”

She explained that this facility would allow her to begin a four-hour gerontology class.

Students would have an hour of theory and lessons from the textbook before going to Cedarhurst to put lessons into action.

When the project was officially announced on Oct. 5, 2015, officials said

that students would have access to the care of senior citizens. This will include caring for people with Alzheimer’s disease and other forms of dementia.

In turn, the residents of the facility would also have access to events offered on Lindenwood’s campus.

This facility also would offer opportunities for other departments at Lindenwood.

Grosso said she could imagine various opportuni-

ties being available for students in departments, such as psychology, nursing and occupational health as well as things like music therapy.

Peggy Ellis, the head of Lindenwood’s nursing department, said nothing has been finalized to this point.

Opportunities with the different departments are expected to be finalized once the construction is complete and an executive director is chosen for the facility.

Another student, Lauren Baker, said that “she enthuses the class with her love of religion.”

Baker also mentioned that she appreciates Torbitzky’s “patience and her approachable nature.”

Torbitzky plans to start a new class next semester called Women, Religion and Violence. Torbitzky wants to cover each of the major global religions in terms of how women are treated and find a place for themselves in society. She hopes to cooperate with the gender studies department, since the class’s topics will apply to their program as well.

“Nichole brings an expertise in process theology to our department, and this is a theological perspective that has never before been represented at Lindenwood,” said McMaken. “We look forward to many years of collaboration with Nichole.”

OPINIONS

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Food quality improved, high traffic takes over

Jon Holden
Reporter

Lindenwood's dining halls have improved for this school year, but problems continue to persist. Spellmann cafeteria's additions of the food chains Qdoba and Chick-fil-A is an instant improvement from what someone would have seen last year. Unfortunately, if students choose to eat between 11 a.m. and 1 p.m., they have about a 30-minute wait, something few college students have time for. Spellmann's cafeteria is drastically understaffed, and frankly, is missing key elements. Take the sub-sandwich line for example. At most, three people are working during the week. Imagine five people waiting in line for a sandwich. Everyone wants a toasted sandwich, and there is only one toaster. That number of five students just jumped to 25 students because it's 11:58 a.m., and everyone is attempting to dodge the lunch rush. So students face the decision of having to leave Spellmann or miss class because the allotted time slot simply does not allow people enough time to properly eat their food in the time that lunch is available. Senior Connor Harris also thinks Lindenwood's dining halls are understaffed. "Look at Qdoba; one person asking what you need, and one person is doing the sauces and one person wraps it up," Harris said. If they decide to eat after the lunch hours, they have to use their dining dollars.



Photo by Nao Enomoto
Students in the Spellmann cafeteria wait in a long line to order their lunch at Qdoba.

The current plan does not allow for someone to sufficiently provide themselves with food in between the normal lunch and dinner hours. The other meal plan options include one with 100 meals a semester with 350 dining dollars, while the other is 200 meals a semester with 100 dining dollars to spend. The only problem is that it's too late. The deadline for students to change their meal plan was Aug. 27, the first Sunday of the school year. At the beginning of the semester, Amy Stepp, marketing manager for Pedestal Foods said the lines will not usually be that long. She says that these lines were heavily attended for

the first week "due to the excitement and the fact students chose the food options." She predicted that lines will go down once the initial excitement wears off. If students decide to eat in Evans, the lines are often there as well. They are understaffed, and there are simply not enough options existing for dinner. On Sundays, when Evans is the only cafeteria open, students have an even more limited selection for dining than they do during the week with only three of the five sections open. Although receiving positive reviews, the Dreamworks station was forced to have a delayed opening because an appliance was broken. With that being said,

junior Wesley Parker said lines are just a part of a college campus. "I understand that long lines are going to happen at certain parts of the day, and that is OK, but they could definitely have more people scanning cards," Parker said. The changes at Lindenwood are great; Qdoba and Chick-fil-A are incredible additions. But minor changes still need to be made. Our cafeteria is understaffed and there simply is not enough dining dollars on a traditional meal plan for students to eat because of such long lines. The changes are good in theory, but if students cannot sufficiently enjoy them, what is the point?

Campus aquatic center needed for successful student athletics

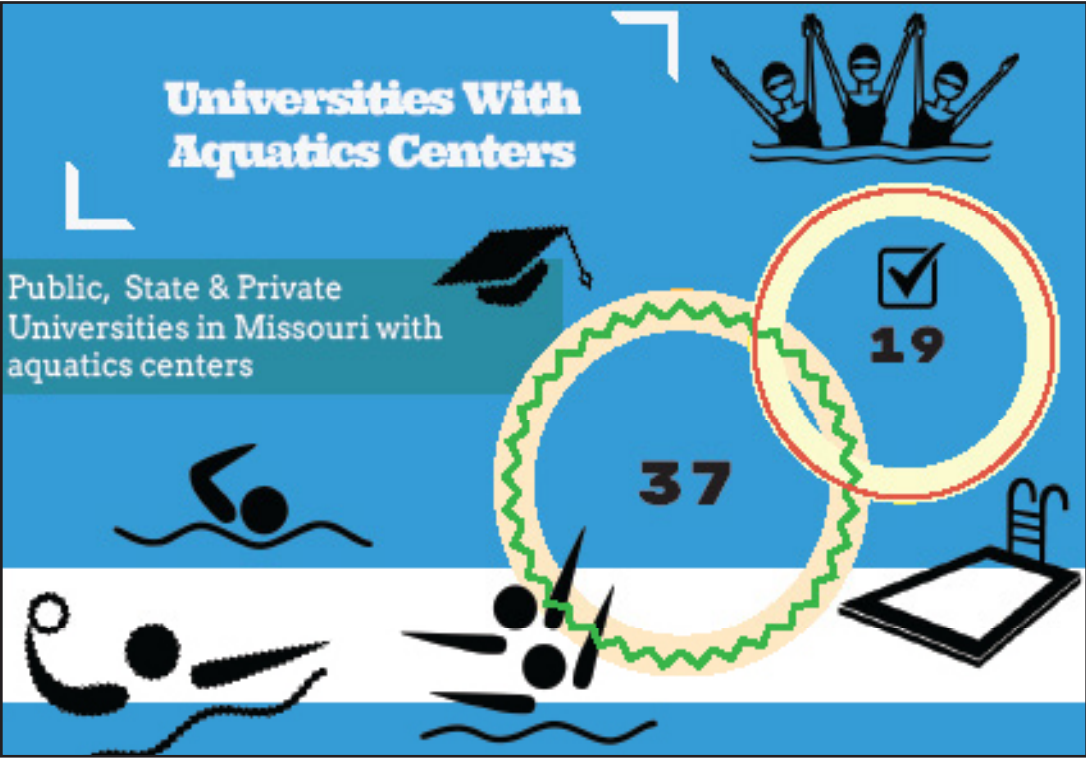
Keegan Reynolds
Reporter

From the additions of chain restaurants this fall to the anticipated opening of the Academic Research Center next fall, it is great to see Lindenwood expand. But we still have yet to see something that most of the surrounding universities already have: a proper aquatics center.

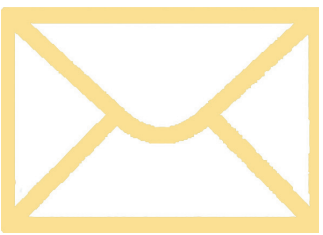
Even some community colleges consistently beat us in this category, such as Jefferson College. This is especially embarrassing because Lindenwood has some of the most impressive water sports in the nation, including men's and women's water polo, swimming and diving teams, as well as a talented synchronized swimming team. In fact, Lindenwood

happens to be the home of a national championship-winning men's water polo team, as well as swimming and diving teams that placed second and ninth in the NCAA Division II championship last season. It is hard to fully appreciate having such excellent teams when no facility exists on campus to watch them play or perform. With 37 public, state and private universities in

Missouri, 19 of them have pools fit for their aquatic sports teams. With only about half of the universities in the state having adequate aquatics centers, this addition to our campus would really make Lindenwood "Like No Other." You may say, "Doesn't Lindenwood already have a pool?" In fact, it does. The Dorothy Warner pool is located in the basement of Butler Hall and happens to be the oldest indoor pool west of the Mississippi — built in 1915. Besides the fact that this pool needs revamping, the antique pool is much too small for practices and matches to be held. It is time to turn it over to the athletics department and break ground on a new aquatics center. A campus pool would not just be a benefit to the student athletes who participate in watersports and those who want to cheer on their fellow Lions, but it would be beneficial to the campus as a whole. The addition of a proper pool on campus would give students an alternative way to exercise and provide a place to take part in intramural water sports or just hang out with their friends.



Design by Mili Mena
There are 37 public, state and private universities in Missouri; just 19 have aquatics centers.



Letter from the Editor

Kearstin Cantrell
Co-Sports Editor

We start gathering information about the world around us the day we are born. The day you realize that you don't have to accept every piece of that information is the day you are reborn. I'm extremely thankful for the various opinions I get to hear day in and day out. One of my favorite things to do is listen to the experiences of other people and how those have shaped the way they view the world. I'm extremely thankful that I have the ability to listen to the opinions of others, respect that opinion and decide whether I disagree with it. There isn't a soul on this planet who has everything figured out — as much as we wish we did. How do we expect to learn and grow if we aren't willing to question each other? I wish I could say that I've always been able to hear the thoughts of others and form my own opinion on whatever the topic may be. Honestly, that's a skill I didn't develop until college. It's hard to form your own opinions in a town of 2,800 people with 2,800 identical opinions. When you start encountering people who don't think the same way you do, it becomes easier to recognize what others are saying and respectfully deny adopting that opinion as your own. Respectfully deny. Did you catch the respectfully part? In today's world, people can have a hard time with that. Forming your own opinion doesn't mean you have to deny the validity of another person's opinion; it simply means you don't have to adopt the opinion yourself. I would encourage you to perfect the art of respectfully questioning every piece of information you encounter. Respectfully question the information that professors expect you to take at face value. Respectfully question the political opinions of the people around you. I would even encourage you to question the words written within these pages. Create your own opinion; don't let someone else create it for you. Honestly, if I had never mastered the art of respectfully disagreeing, I probably wouldn't be writing this. I would probably be in a psychology class bored to tears. I probably never would have switched majors from something other people wanted for me to a major I'm extremely passionate about. This is the beginning of a life filled with people who have different life experiences and opinions to bring to the table. Use it to your advantage. Allow yourself to grow not only as a scholar, but as a human being. You'll be glad you did. I promise.

-Kearstin Cantrell

Co-Sports Editor,
The Legacy and
Lindenlink.com

SPORTS

For more content about Connor Harris, visit Lindenlink.com



Photo by Carly Fristoe

551: Legendary Lion shatters all-time NCAA record

Walker Van Wey
Reporter

Connor Harris walked on to the Fort Hays State football field with 549 career tackles. None of the previous tackles meant more than tackle number two of today's game.

Harris' second tackle in the Oct. 1 matchup against the Tigers pushed his career total of 551, giving him sole ownership of the NCAA all-time tackles record. The record was previously held by Boomer Grigsby of Illinois State.

"This is a remarkable feat," said head coach Patrick Ross. "Connor has put a lot of time and energy into becoming the best football player he can be. Breaking records like this don't happen by accident."

The record-breaking tackle took place at the 10 yard line with around one minute left in the first quarter. On the play, Harris stopped Fort Hays' running back Charles Tigner short of scoring a touchdown for the Tigers.

"I could hear my family cheering, so I kind of knew," Harris said. "I don't think it's really hit me yet but it will. I'm trying to enjoy the last few weeks of Lindenwood football I've got left and do whatever I can to leave it all out there."

The previous record stood for 12 years, according to the NCAA. With six games remaining in his senior year and an average of 14 tackles per game, Harris is in a position to leave his mark in the record book for years to come, although personal accolades are still far from his mind.

"To me, these stats don't mean anything," Harris said. "I'm here to win. I'd throw them all away to win. I don't care if I get five more tackles or fifty more. I just want to help the team win football games no matter what that means."

According to Ross, his accomplishments are viewed by those close to him as more than merely stats on a sheet, but a reflection of the player, worker and person Harris is.

"We as a program and university are extremely proud of Connor's accomplishments," Ross said. "He will go down as one of the best defensive players to ever play college football, regardless of level."

Reflecting on his own legacy, Harris's on-field greatness isn't what he wants to be remembered for, but his drive and intangibles.

"I feel like my legacy will be somebody who truly loved the game and cared about his team," Harris said. "I want to be remembered for the hard work I've put in. I'm not the biggest, strongest or fastest guy out there but I'll do my best to outwork anybody in the weight room. And as a guy who puts the team before himself, loved Lindenwood football and laid it all out on the line all four years."

Despite Harris capturing the record and finishing the game with 16 tackles, the Lions lost 37-6 to Fort Hays State. They now sit at 1-4 on the season.

Harris remembered for hard work in high school

Walker Van Wey
Reporter

Connor Harris has etched his name in collegiate greatness by breaking the NCAA all-time tackles record, but to his high school football team, he's still the same guy they shined with under the Friday night lights.

Anybody who played Blue Springs South knew they were going to get a piece of Harris at some point in their high school football careers. He had numbers in almost every statistical category due to his success rate at nearly every position. From quarterback to punter, the All-American had a dominating presence on the field.

Harris was trusted by his team for the work ethic and all-around skill that could will a team to greatness. According to his former coach, no matter what situation he

faced, skill, poise and confidence overshadowed doubt.

"In our semifinal game, we're down 21-20 late and Connor went into the huddle and basically told everybody, 'We are scoring on this drive,'" former Coach Greg Oder said. "I wish I could have filmed it, because you could see everybody changed right then."

Whether it was celebrating the comeback win in that semifinal game or the state championship later that year, Harris and his friends from the team would always make a point to wind down over a postgame meal.

"After games we used to always meet up at this Mexican restaurant called Poncho's and talk football," said former teammate Steve Sullivan.

Another high school teammate, Trevor Wescott, remembers pregame meals being a ritual as well. Each week a new teammate's fam-

ily would host. These days, it doesn't appear much has changed.

"We'd still probably just get together and watch football and tell stories from college," Wescott said. "Anytime we got together we just hang out and reminisce over that kind of stuff."

Other aspects of these relationships, such as merciless mocking, have also remained intact. On-field pictures of Harris today that may intimidate the competition around the MIAA, but some bring about a much different reaction from his high school friends.

"Is the dude going bald now?" Wescott asked. "He used to always kind of buzz it but yeah, it's completely gone now."

Conversations like these were everyday occurrences in the group. Harris could dish out insults necessary to combat the same treatment from



Photo courtesy of Connor Harris
Harris wards off a tackle from the opposing team during a high school game

Weekly Sports Recap Sept. 30-Oct. 2			
Football 37-6 loss at Fort Hays State	Men's Ice Hockey 3-2 loss vs. Minot State	Women's Volleyball 3-1 loss at University of Nebraska-Kearney 3-0 loss at Fort Hays State	Women's Ice Hockey 3-0 loss at University of Minnesota
Women's Soccer 2-1 win at Northeastern State University	Men's Soccer 4-2 win at Upper Iowa	Field Hockey 4-2 loss vs. Limestone College	Men's Water Polo 28-10 win vs. St. Louis University 22-1 win vs. Washington University 20-5 win vs. McKendree University

SPORTS

LU weightlifters snatch first place

Kearstin Cantrell
Co-Sports Editor

Lindenwood's Olympic Weightlifting team left it all on that platform at the 2016 National University Co-ed Championships. The team traveled to New Orleans, Louisiana, Sept. 23-25, for a second chance at the title they were so close to claiming last year. As a team, the Lions earned 147 points, finishing ahead of second place by 28 points. Junior lifter Yuki Matsushima said, "The team was definitely prepared and ready to conquer. We've been training hard in the gym every day, putting in hard work day after day." That hard work sent three lifters to the podium individually. In the men's 62kg division, Darrell Barnes snagged

gold with a snatch of 95kg and clean and jerk of 126kg. With a total of 221kg, Barnes beat the second-place lifter by a single kilogram. In the men's +105kg division, John Steiner claimed third place. The lifter managed a snatch of 130kg and a clean and jerk of 160kg, giving him a total of 290kg. Taking second place in the men's 105kg division, Devin Mundy hoisted a snatch of 129kg and a clean and jerk of 180kg. The team also had six lifters finish just short of the podium, yet within the top seven finishers in their respective divisions. In the men's 94kg division, Matthew Montgomery captured fourth place with a total of 293kg. Cody Zeik managed to finish in fifth place for the men's 69kg class with a total of 253kg. Tak-

ing fifth in the men's 85kg division, Blake Edwards ended the competition with a total of 285kg. With a total of 279kg, Boston Alverson earned fifth in the men's +105kg division. Meanwhile, in the men's 62kg division, Caleb White took sixth place with a total of 209kg. Rebecca Walker grabbed seventh place in the women's +75kg division with a total of 192kg. Coach Jianping Ma couldn't let his athletes have all the fun. The former Olympian was presented with the National Champion Coach medal at the beginning of the event by CEO of USA Weightlifting, Phil Andrews. Reflecting on the feeling of the big win, Matsushima said, "We went absolutely crazy. It was so exciting and amazing. It was all worth it."



Photo from Lindenwood Olympic Weightlifting team
The Lindenwood Olympic Weightlifting team took first place at nationals this year.

Black and gold square off in swim tourney

Walker Van Wey
Reporter

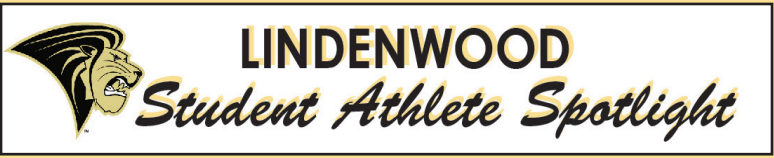
After a second-place finish at nationals last year, Lindenwood's Swim and Diving team has high expectations for the season. The road began Saturday with the lighthearted yet competitive intra-squad Black and Gold meet. For the competition, the team is divided evenly into black and gold teams, and two captains are assigned. After a couple weeks of steady preparation and smack talk, the two square off for nothing more than bragging rights and the

hopes of catching the eyes of coaches. "It's supposed to be fun, but everybody takes it seriously," senior Felix Eigel said. "It's the first meet of the season, and we have a lot of new people, and they're trying to impress the coaches." The week before the meet is when the spirit of the teams kick into gear. "It's totally a rivalry week where we just kind of talk smack to each other," senior Alecia McGillivray said. "I have these really ugly black versus gold pants, and I know some of the guys even have body paint for it." When all the time for talk

was over and the two teams squared off, it came down to the relays to determine the winner. "It was actually pretty close," said senior Austin Oliveras, gold team captain. "We started off behind and then throughout the meet some people just seriously stepped up and had great races. I was reading the scores at the end, and it came down to the relays, and we won the relays." Winning the relays gave the gold team its first victory of the Black and Gold meet. Oliveras named Kian Quigley, Cristian Vasquez, Matheus Isidro and Max Stapleton his MVPs but wouldn't have changed anything about the way anybody on his team performed. "I'm super proud of all my teammates," Oliveras said. "It's going to be a awesome year, and I'm excited to see them fulfill their potential."



Photo by Kelby Lorenz
Simone de Rijcke, a member of the black team, swims the 600-yard freestyle.



Sarah Makowski

Sport: Women's Volleyball
Age: 22
Birthplace: St. Louis, Missouri
Year in school: Senior
Major: Social Work, minor in Psychology



Photo from lindenwoodlions.com

- Q:** What have been some great moments in your career so far?

A: My club team in high school was my favorite team. I was learning a lot, really developing as a player and got to play in some awesome tournaments all over the country.
- Q:** What are your game-day routines?

A: I usually try to get a nap in before a game. Other than that, I just try to stay calm and treat it like any other day.
- Q:** What are three words that would best describe you?

A: Goofy, passionate and driven.
- Q:** What is your sports fantasy?

A: I'm finished with volleyball after this year, so my fantasy might sound simple. The only thing I fantasize about is the feeling I get when I'm in the air about to hit the ball. If everything is just right, it's one of the sweetest feelings to me.
- Q:** In 10 years, you'd like to:

A: Have a stable job, a roof over my head and a family of my own.
- Q:** Who is your favorite athlete?

A: David Backes. I know he was traded, but I always looked up to the leadership and hard work he showed on and off the ice.

Information from Matt Pearlman



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CULTURE

Musical highlights mental illness

Kyle Rainey
Reporter

Pre-conceived notions of normalcy and mental illness will be challenged by Lindenwood Theatre Department's production of "Next to Normal."

The musical follows the Goodman family as they attempt to live normal lives amidst a turbulent past. In the story, the mother, Diana, grapples with several mental disorders, while her husband Dan stands by her side unconditionally.

"You can't always be happy, and that's a part of life that Dan doesn't really want to accept," said senior Will Pendergast, who plays the part of Dan. "Diana knows you can't always be happy. She wants to relive her past."

A large part of director Natalie Turner-Jones' vision is that people won't pathologize Diana. She said she wants the audience to see that in some ways, "[Diana's] world is a lot more expansive than ours as a result of her illness."

"[The musical] is about understanding mental illness as something that can transcend the concept of illness," Turner-Jones said.

To add effect to the show, a turntable built under part of the set will slowly spin under the actors' feet.

"It's always spinning because everything is just slightly off," said Pendergast.



Photo by Carly Fristoe
(From left) Jacob Wyckstrom, Will Pendergast, Erin Olson and Victoria Rossi rehearse for opening night on Oct. 5.

"You'll follow a scene, and it'll seem perfectly normal, then five minutes later you'll realize that you're looking at that same scene halfway across the room."

The rotating stage makes the Goodman family always seem a little unstable. Turner-Jones said that it resembles the "inherent instability of when you or someone you love is struggling with mental illness."

She credits the turntable idea to her set designer, Steve Hollis, who also helped create a "glass house" on set.

Having a glass house means the audience can see into the lives of the characters. The Goodmans purposely seem like they are being watched, the director said.

"[That feeling] was intentional physiologically to take away the wall between the audience and the players," she said.

Seating curves around the set, making audience members feel like they are at times a part of the set.

"Her world is distorted," Pendergast said. "And that's exactly what we're trying to portray with the stage itself."

Senior Erin Olson plays the part of Diana Goodman, a mother trapped in the past. The actress said playing Diana is the role of a lifetime because it has so much to offer, and that she loves the two-story set, but that it also has been stressful.

"Having to play someone with manic depression and bipolar disorder and schizophrenia is a lot to handle," she said. "And it's a lot to get right. I can't believe people have to deal with [these disorders] on a day-to-day basis."

Dan, Diana's husband, just wants everything to be OK, even when it can't be.

"Dan is interesting, because he takes his troubles in life and tries to always stay positive and optimistic," Pendergast said.

He said the biggest pressure has been the content, because everyone can find something that hits his or her personal life.

"On stage it hits you, you have to deal with it, and you have to live with it," Pendergast said. "It feels really heavy, but it's beautiful."

On the first day of rehearsal, Turner-Jones gave

out rocks with holes in them to the actors. At the end of rehearsal they blow into the rocks to "blow out the rehearsal" to keep raw emotion out of their normal lives.

"Most of the pressure that I've felt is to find a way to keep the actors psychologically grounded," Turner-Jones said. "Because as an actor, I've worked on heavy shows, and it can really bring you down."

When the director tried to end one rehearsal early, the cast begged her to let them sing the final song. Despite reading the same script since summer, the actors are still vibrant with energy.

"I know at the end of the day when we get out of rehearsal I can relax, and Erin and I can make some jokes," Pendergast said.

The musical will be performed Oct. 5-8, at 7:30 p.m. and Oct. 9 at 2 p.m. in the Emerson Black Box Theater. Lindenwood students can use their student IDs to get two free tickets to all Lindenwood productions.

"For those who are touched by mental illness or have family members that are touched by mental illness," the director said, "my hope would be that they would walk away with a sense that they are loved, accepted, understood, worthy, beautiful and perfect as they are. That their experiences have value and meaning."

THURSDAY OCTOBER 13 2016



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6:30 PM - FILM SCREENING | 8:00 PM - Q&A WITH MAGATTE WADE

Magatte Wade, one of Forbes' "Twenty Youngest Power Women of Africa," is an entrepreneur and a high-profile interviewee in the 91-minute film. She will lead an insightful and informative Q&A discussion immediately following.

Poverty, Inc. is an award-winning documentary that tells the story of how the aid industry primarily benefits consultants and suppliers leaving local communities no better off, and sometimes worse off, because indigenous entrepreneurs are put out of business.

Wade will also be on Lindenwood's campus in St. Charles from 10-11 a.m. on Friday, October 14 speaking to students in the Plaster School of Business & Entrepreneurship (lecture to be held in Harmon Hall, Dunseth Auditorium).



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CULTURE



Lindenwood University events:

Next to Normal
Oct. 5-9 | 7:30 p.m. | Emerson Black Box Theater
Head over to the J. Scheidegger Center to see your fellow Lions perform the rock musical “Next to Normal” which tackles mental illness and the suburban appearance of “normalcy.”

Speaker: Dr. Goran Mirašić
Oct. 4 | 7 p.m. | Dunseth Auditorium
As a part of the International Speaker Series, Dr. Goran Mirašić will be speaking about possible fast economic recovery in Bosnia and Herzegovina and the Balkans.

Cooking with CAB: Healthy Edition
Oct. 5 | 5-7 p.m. | Spellmann Dining Hall
CAB is shining a light on healthy eating alternatives by teaching you how to make a healthy and convenient taco salad in a jar.

Selections from Wells Fargo Collection
Oct. 6 - Nov. 8 | The Boyle Family Gallery
The Boyle Family Gallery will host the art exhibit in the J. Scheidegger Center the next month. The gallery is open Monday through Friday 12-9 p.m.

Relax with CAB: Free Massages
Oct. 6 | 11 a.m. - 2 p.m. | Spellmann Center second floor
CAB gives a helping hand for your midterm stress with offering free massages outside the Spellman Dining Hall. Get your shoulders rubbed and own those midterms.

Speaker Robin Sanders
Oct. 12 | 7 p.m. | Anheuser-Busch Leadership Room
As a part of the Speaker Series, former U.S. diplomat Robin Sanders will speak about issues regarding the U.S. policy toward Africa.

Fall Dance Concert
Oct. 13-15 | 7.30 p.m. | The Lindenwood Theater
Head over to the J. Scheidegger Center and see the dance department's Fall Dance Concert on the main stage. The concert includes a variety of dance styles and is choreographed entirely by Lindenwood faculty and students.

Fall Leadership Series: Listening Skills
Oct. 6 | 4.30-5.30 p.m. | Harmon Hall 250
As a part of the leadership series, Student Involvement and Dr. Marilyn Patterson will talk about qualities and benefits of being a skillful listener.

Movement in focus at fall concert

Maiken Zoëga-Nielsen
Culture Editor

It will be a mixture of movement accentuation, exotic rhythms and emotional messages when the dance department's Fall Dance Concert graces the Lindenwood Theater stage Oct. 13-15.

A variety of faculty choreographers will have pieces represented at the concert, which will be a very diverse experience with a lot of different styles, according to senior dance major and choreographer Christa Williams.

For the dancers, the concert will be the culmination of many weeks of hard work. The dancers have been in rehearsal since the second week of classes, said Janet Strzelec, chair of the dance department.

"We had auditions the first week, we started rehearsing the second week," she said. "For a dance concert it's a short rehearsal time."

One of the choreographers to have pieces in the concert is Tricia Zweier, assistant professor in dance. Zweier, who choreographs

commissioned work for the Modern American Dance Company as well, has two pieces in the concert.

"I think movement ultimately is most important in dance," she said. "There's no message in either one of [my pieces], but there's clear moods in both of them."

About casting her dancers, Zweier said that she looks for someone who makes her look twice.

"I look for people who are performing in the moment," she said. "It's not always the best technically driven dancer; it's somebody that can catch an eye and not for any other reason than being an interesting performer."

For Williams, who has been dancing since she was 5 years old, dancing is a very important form of expression.

"Rehearsal is definitely the hardest part and the most tedious part, but the most rewarding thing is seeing your work onstage," she said. "You connect with it personally and with other people when they're watching it. They can see that you're experiencing something unique. That's the



Photo by Nao Enomoto
Lindsey Kellen rehearses for the Fall Dance Concert, which will open Thursday, Oct. 13.

most fun part for me."

Williams will be dancing in "The Moment I Said It," choreographed by adjunct in dance Amy Gammon, and "Mambo This," choreographed by Strzelec and herself.

Gammon has a definite message in her piece.

"It's all about the feeling you have when you said the wrong thing; that instant you said it," she said. "That's what my lead role is depicting; that anxious feeling."

Strzelec believes that dance has great communicational value.

"I think it's the most pri-

mal form of communication," she said.

Zweier also agrees that dance has great importance.

"You can kind of disassociate yourself from reality. I think that can be a great release for people," she said. "It's important that it can be delivered in a lighter suggestive way, because it makes people think."

Tickets for the Fall Dance Concert can be purchased at the box office in the J. Scheidegger Center, and all Lindenwood students and faculty can get two free tickets with a valid student or faculty ID.

"It would really be great if more people came to the concerts," Strzelec said. "Students here get free tickets, so they don't have any reason not to come."

Williams said students who haven't been to a dance concert before should attend this one.

"This concert is unique because it's kind of short, which is unusual, so for people who are not dancers, I think that this is a good concert to go to," she said.

Strzelec added, "We're not trying to keep this to ourselves; we want to share what we do."

Robin Sanders to discuss U.S. policy on Africa

Andrea Nicholson
Reporter

Former U.S. diplomat Robin Sanders will discuss why U.S. policy toward Africa is important as part of Lindenwood's Speaker Series.

Her talk will take place at 7 p.m. Oct. 12 in the Anheuser-Busch Leadership Room.

Sanders earned her doctorate from Pittsburgh's Robert Morris University and is considered a thought leader on a range of national security issues, according to the Huffington Post.

Her expertise is based on serving as the international affairs adviser and deputy commander of the Eisenhower Resource College of the National Defense University, the premier U.S. military institution for national security studies.

Sanders has appeared on CNN, CNBC and MSNBC.

Provost Dr. Marilyn Abbott is a member of the committee that chose Sanders for the speaker series.

"We had a list of options with 50-100 to choose from, and we ranked them multiple times," she said. "We chose the ones who came up the most and who seemed to be the most interesting."

University Archivist Paul Huffman, who also serves on the committee, said the United States has had pretty strong relations with Egypt, Nigeria, Kenya and South Africa.

"Those major countries need development," he said. "The United States needs to figure out a way to help them without becoming overbearing and telling them what to



Photo from Paul Huffman
Robin Sanders

do."

Along with dictatorship and genocide, radical Islam is also a current issue in Africa.

Students at Lindenwood might be interested in hearing Sanders if they want to go into public service, international business or international relations and want a greater insight into what they might be dealing with, Huffman said.

What?
Former U.S. diplomat, part of the Lindenwood's Speaker Series.

When?
Oct. 12 at 7 p.m

Where?
Anheuser-Busch Leadership Room



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